



Parenting

A View of the Early Years

[insert presenter info]





The Long Term Goals of Parenting

- To raise a child that is healthy, confident, responsible, respectful, and cooperative
- To protect and prepare our children to live in a society in which they can lead full and productive lives.
- To protect our children from the potential dangers that exist in the world





Parenting: A Challenge

- Each child is unique
- They think differently
- They need limits/structure
- They need adults to guide them
- They need you to understand them
- They develop at different rates
- They have feelings like adults- they can sense yours as well
- They need you to keep them safe
- They need to be taught about how to behave (not physical punishment)





Each Child is Unique

- **Every child develops at his or her own pace**
- **In their first year they will explore their world by hearing, touching, tasting, and smelling everything**
- **They begin to communicate with their voice, facial expression, and gestures**
- **They begin to move around:**
 - ▣ **Rolling**
 - ▣ **Lifting head and shoulders**
 - ▣ **Crawling and pulling up**





In The First Year Children:

- Say their first words**
- Sit in a chair**
- Walk without you holding them**
- Learn their body parts**
- Explore everything they are curious about**
- Play with toys**
- Start to climb**
- Not always get along with other children and siblings**





In The Second Year Children:

- **Become aware of their independence**
- **Not like to share**
- **Run, open doors, and say “No!”**
- **Get upset and angry**
- **Begin potty training**
- **Look at books alone, or as you read to them**





In The Third Year, Children:

- **Learn to play by themselves**
- **Sing songs, act silly, ride their first tricycle**
- **Ask lots of questions**
- **Could be using toilet with some accidents**
- **Enjoy playing with other children**
- **Develop more social skills**





In The Fourth Year, Children:

- **Copy letters, likes words and sounds, and music**
- **Put on some of their clothes**
- **Tell you where they live and their birth date**
- **Ask more and more questions**
- **Be curious about all of their surroundings**
- **Be sure to praise them for positive behavior**





Your Child Thinks Like a Child

- **You are the center of their world. They depend on you and cannot take care of themselves**
- **Much of their early communication is non-verbal**
 - ▣ **facial expressions**
 - ▣ **gestures**
- **They are more influenced by what you *do* than what you *say***





Children Need Your Love and Understanding

- **A child's curiosity is vital to their learning**
- **Children can get frustrated trying to learn - be patient**
- **Children aren't born knowing right from wrong - they need clear and consistent guidance from you**
- **Remember to show your love, even when you are angry**





All Children Need Discipline

- Discipline means *teaching*
- Your child needs discipline to gain:
 - ▣ Self control
 - ▣ Self reliance
 - ▣ Self esteem
 - ▣ Respect for others
- Discipline helps your child learn how to behave all the time





Misbehavior

- **Children misbehave for various reasons**
- **Acting out may be a child's way of communicating**





Discipline Tips

- **Take actions appropriate to your child's age**
- **Be loving but firm - show you are serious**
- **Never strike or shake a child**
- **Never be embarrassed to seek professional help for your child or yourself**





Take Care of Yourself

- **Parenting is hard work**
- **Rest is essential!**
- **Don't try to be a "superparent"**
- **Develop a support system with other parents**





Help for the Challenge:

Parenting Resources

- **Army Community Services (ACS)**
- **Family Life Chaplain**
- **Social Work Services**
- **Hospital and Clinics**
- **Family Advocacy Program**
- **Women, Infants, and Children Program (WIC)**





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